

The Go Green Program began in 2007 as a partnership with North Central Community Association, the Saskatchewan Roughriders and the City of Regina. The arrangement employed North Central residents to tackle the difficult work of cleaning the recyclable drink containers left in the stands after home games.

Go Green Coordinator Pauline Gabriel says, "Everyone worked until the entire stadium was cleaned —so the harder you worked, the less time it took!"

Members of the community who performed this work received tickets to the game, and receive an honourarium for their work! The average time for clean up was about 4-5 hours.

Every penny earned was put back into the North Central community. Over 70% was paid out to the NC residents who cleaned up. The rest was spent on cleaning up the area around Mosaic Stadium.

Tammy Stewart is a true blue supporter of Go Green. She has lived in North Central for 20+ years, and has been helping at Rider games since the program began in 2007.

Tammy describes the process: "We wait until the 4th quarter, we proceed to the front west building where we break into groups. I am a team leader, along with my daughter. The teams pick all the bottles from the stands."

Go Green starts picking up after the game ends and the fans have left. The work usually takes 4-5

hours, depending on how long the game was.

They sometimes work into the wee hours. "There was a tornado warning last year, so Go Green had to evacuate and then return to finish the work. We weren't out till after 2 am. We had about two hours of sleep then had to come back at 5 am. and get the stadium cleaned up for the next sports event."

The items are sorted and the following Monday, Pauline, Tammy and Leigh take the recyclable items to Sarcan. Sarcan

appreciates Go Green because they pre-sort the items and are tidy about the job.

The team finds unusual items during their sweep of the stands. They won't reveal the weirdest things ever found, but are happy to reunite people with their possessions. Usually it's cellphones but once they found a hand-knit scarf of great sentimental value to the owner.

It has meant a lot to Tammy to work with Go Green on a regular basis in a season. She has developed a love for the job. Not only does she get to pick bottles, she gets to watch the games.

Tammy has made some dear friends through Go Green. She is quick to commend the team on a job well done, as good leaders do. When the Grey Cup was won, she and her daughter had so much fun. They started at 10 pm and didn't finish until 5 am the next morning.

Will Tammy miss this? "Well, kinda, and kinda not." She laughs.

Tammy wants the Go Green program to continue. She says "not only does it give back to the community, it also helps people with a little bit of money. That's the biggest thing."

Are you in the picture?



Just days after their championship victory in 2007, Roughriders brought the Grey Cup for a surprise visit to the Go Green appreciation dinner.



Tammy Stewart

The Go Green Program has completed its 2016 (and possibly final) season of partnership. In 2016 they have cleaned the Mosaic Stadium stands of recyclables from 11 games (10 Rider games and 1 Rams game).

Income from Sarcan was \$34,057.05 plus the \$5000 from the Riders for the Pregame cleanup, for a total income of \$39,057.05.

There were 118 unique workers this season, with an average of 45 workers per game, and the program paid out \$24,671.00 in worker wages this year.

In 2016, Go Green recycled 330,059 units (cans, bottles, etc), with 43,475 of those gathered at the final game alone. This last number have possibly been a higher total, but for the fact they sold out of beer part way through the game.

Pauline Gabriel (at right) recently hosted a Go Green Wind Up Party for all volunteers over the decade. Pauline has been the Go Green Coordinator since 2007.



photos Annie Charles

INSIDE

| | |
|-----|---|
| P2 | Community Voices The Littlechiefs |
| P3 | Truth & Reconciliation |
| P4 | The Good Life My Heart with this Community |
| P5 | Good Neighbour Services Community Member Awarded |
| P6 | Community Archives Mâwawêyatitân Heart of the Site |
| P7 | Scott Collegiate |
| P8 | Nephi MacPherson Jeremy Pilon in the Cockpit |
| P9 | Mental Health Awareness |
| P10 | MayBell Development Community Calendar |
| P11 | NCCA News |
| P12 | RPS Cops on Patrol |



TWO North Central Neighbours Taking Care of Businesses

story & photo by J. Morier

Beatrice Wallace-Littlechief and Fergus Littlechief are partners in marriage and partners in business. The North Central couple each run enterprises dealing in recycling, repairs and sales of new and refurbished electronics. In every way, they are making it work.

Despite all that life has thrown at Beatrice Wallace-Littlechief and Fergus Littlechief, they took yet another leap of faith and purchased Tec Computers.

Beatrice explains, "We thought this would be a good move because Fergus's business is recycling computers, and he's already well-established in the community. When this offer came about, it was a choice between investing more into Rare Earth (Recycling) or taking on this presence with its own established clients."

There may be a future in merging the two companies as they indeed complement each other. Fergus recycles electronics, and Tec Computers has equipment that has been passed along by Rare Earth that can be repaired and resold. It's a natural fit.

Tec Computers employs two full time and two part time staff, as well as casuals, on call. They will make house and business calls for repairs and servicing.

Fergus has provided tech servicing in and around Regina for 10 years, minus a short detour working in the demolition trade. When he joined a computer recycling firm his work ethic and personality helped to establish a robust client list for the company. After the business closed, customers continued to call on Fergus. He used his own mini-van and the \$10 in his pocket for gas money, and it grew from there. The client list has matured to over 300 and includes commercial, corporate, government and residential calls. There are hospitals and

universities on board. Some agencies are in rural areas, and Fergus travels once a month to Saskatoon. Rare Earth Recycling is beginning to get calls to go to reserves.

Fergus has employed North Central residents and makes a point of helping these individuals along. It took a bit more of an investment of his time, but he wanted to make sure they had a job. Fergus now employs another young man, starting him off in the trade, giving him the tools to earn a paycheck. That's a goal of both businesses, to employ people in possibly their first job, teaching the soft skills and helping them to progress.

Beatrice explains, "We've been there. I've worked up from the ground, nothing came easily. It's been a battle, but one of my biggest life goals is to show that if I can own a business, anybody with the will and determination can."

"I still mentor and do community work," she adds "because my heart is for our community and our youth. We want it known that this is a proud First Nations company. We want to show how we can all work together. We want to get out to the reserves, partner up with First Nations businesses, hire First Nations youth and work with them. At some point we could become a work placement, once we are more established. In our own way, we are already doing that, not through any agency. It's our philosophy. We've both already come through a mentorship process to get where we are. We've have had rough lives, we chose to rise above."

In Fergus's case, an employer took him under his wing at Fergus's entry job of electronics recycling. When Fergus dreamed out loud that he wanted to take the business on, Harold was supportive and is supportive to this day, all these years later.



As for Beatrice, she volunteered at Souls Harbour Rescue Mission. She worked in their kitchen, then as a manager. "I was working my way up, but I wanted to become my own boss. I saw my capacity to learn and grow. But at Souls Harbour I had a couple of people I will always consider mentors from what they taught me, from their patience with me."

Had they not recognized her gumption, they might not have invested as much time and training in her. Her dreams made people take notice.

Beatrice admits she didn't live a good life before. "I was a heavy addict, I was homeless for awhile, and I lost my kids to social services—all of those crippling challenges that many people in North Central are going through right now."

"I felt like I couldn't get out of this—I want people to know that. I quit using, I quit drinking, my biggest success was that I got a home, I got my kids back and I'm finding myself in the process. I want to be an example, not only for myself but for people in my community. My neighbours, and whoever knows me from my previous life, know that it's very hard but it's so worth it. I'm living now. Before I was just surviving."

Since its inception, Beatrice has been with "Defend Dignity" (defenddignity.ca)—a national organization with a goal to end sexual exploitation in Canada. "I speak all across Canada and hope to get out to the reserves, with this message." The group began in Regina about 5 years ago and now operates out of Toronto.

Beatrice has a way of speaking openly—not for attention or for sympathy—not for any other reason than to demonstrate to others that they can grow through hard circumstances. Beatrice extracted herself from the life and in this era of sharing stories through social media, more people can be educated about sexual exploitation. It must not kept hidden within our neighbourhood.

Beatrice has no long-lasting physical health effects but suffers from severe PTSD. "I'm affected daily but I've gone through counselling and I now recognize a trigger. When I worked at APSS I was reminded constantly, but it's part of my learning curve in life, as I heal. Now, if I'm triggered, I don't get lost in it. I'm at a better place but I am still definitely injured."

Beatrice speaks lovingly of her husband. "Fergus is a very humble person, he has spoken at schools about his residential school experience as a part of rising up from what he's been through. He started his business on his own. He's very passionate but quiet. He often goes unrecognized because of big loud Beatrice who jumps in the front line!" she laughs.

Fergus shares "Growing up in residential school and Ranch Ehrlo, the worst part of my life is over. Alcohol and drugs possessed me at a very young age. You had to do that to chase away the monsters in your head. Then one day I realized I cannot do this any more. I started focusing on the positive part of going to work and the electronic stuff. I started tinkering with radios and TVs and VCRs. That demands focus. It got me out of my head to where I am today."



Reconciliation and the Media

Conference held October 5 in Saskatoon

story & photo by Miranda Hanus

Outside the University of Saskatchewan, the trees were covered in frost. October 5th marked the first snow fall of 2016. In First Nation culture, snow signifies the time for storytelling, or as Elder Eugene Arcand stated, “it’s the Creator’s way of saying it’s okay to tell a story.”



Reconciliation and the Media conference committee: Left to right David Kirton, Mervin Brass, Doug Cuthand, Betty Ann Adam, John Lagimodiere

Gathered inside, were Saskatchewan’s top Indigenous journalists from newspaper, radio broadcast, and television news. Joining them were non-Indigenous journalists invited to hear how reconciliation affects news storytelling in regards to First Nation people in Saskatchewan.

Betty Ann Adam, long-time reporter with the *Saskatoon Star-Phoenix* was a co-chair on the committee. She stated the purpose of the conference was to improve the relationship between media and the First Nations people who are so often the subject of their news stories.

Historically, Indigenous people’s stories were usually only on the court pages of newspapers. With the addition of more and more Aboriginal journalists, the perspective started to change. First Nation journalists provide a world-view into the daily lives of Indigenous people, both urban and in their own rural communities.

The non-Indigenous journalists and publishers who spoke, were very forthcoming in how little they knew about First Nation culture in Western Canada.

According to reporter Jason Warick (formerly of the *Saskatoon Star Phoenix*) he didn’t learn about Indigenous culture in school; he learned on the job as a reporter, with help from mentors like Betty Ann Adam. Warick says, “The relationship between Indigenous people and the rest of the province is one of the most important we’ll be facing in the coming decades. We have a responsibility to tell

those stories and tell them as best we can. All of us can improve our coverage if we start taking some simple steps. The main one is simply asking for and seeking more information. Read a book, or one of a growing number of Indigenous media publications in the province. Ask an Indigenous studies professor to go for coffee.”

Warick also brought words of advice to to the conference attendees, from Cree knowledge keeper and mentor, Tyrone Tootoosis.

“We don’t want you to gloss over things. We don’t want happy stories. We don’t want pity. Tell the truth. That’s all we want is for you to tell the truth. And the truth is not always what’s immediately in front of you.”

Nelson Bird is the assignment editor for CTV news. In his career of over 20 years as a journalist, Bird says, the question that brought him to the conference was, “How can we communicate better with the people we work with, whether it’s news directors, reporters, or colleagues?” He says the Call-to-Action 86 speaks to him the most because it refers to educating students (on Indigenous issues) in the beginning, “maybe in high school.” He also wants to challenge the assumption that the only people to cover Indigenous issues are Indigenous people. “I encourage news directors to be open-minded when it comes to this, to educate their staff. If they’re not educated, find a way to educate them. Bring in somebody,

Truth and Reconciliation Commission of Canada: Calls to Action

In this fourth in a series of articles examining the 94 Calls to Action

In order to redress the legacy of residential schools and advance the process of Canadian reconciliation, the Truth and Reconciliation Commission makes the following calls to action.

Legacy

HEALTH

18. We call upon the federal, provincial, territorial, and Aboriginal governments to acknowledge that the current state of Aboriginal health in Canada is a direct result of previous Canadian government policies, including residential schools, and to recognize and implement the health-care rights of Aboriginal people as identified in international law, constitutional law, and under the Treaties.

19. We call upon the federal government, in consultation with Aboriginal peoples, to establish measurable goals to identify and close the gaps in health outcomes between Aboriginal and non-Aboriginal communities, and to publish annual progress reports and assess longterm trends. Such efforts would focus on indicators such as: infant mortality, maternal health, suicide, mental health, addictions, life expectancy, birth rates, infant and child health issues, chronic diseases, illness and injury incidence, and the availability of appropriate health services.

20. In order to address the jurisdictional disputes concerning Aboriginal people who do not reside on reserves, we call upon the federal government to recognize, respect, and address the distinct health needs of the Métis, Inuit, and off-reserve Aboriginal peoples.

Under **Legacy** there are 42 points:

- Child Welfare
- Education
- Language & Culture
- Health
- Justice

The 94 Calls to Action and the entire reports published by:

Truth and Reconciliation Commission of Canada, 2012
1500–360 Main Street
Winnipeg, MB R3C 3Z3
Telephone: (204) 984-5885
Toll Free: 1-888-872-5554 (1-888-TRC-5554)
Fax: (204) 984-5915
E-mail: info@trc.ca
Website: www.trc.ca

21. We call upon the federal government to provide sustainable funding for existing and new Aboriginal healing centres to address the physical, mental, emotional, and spiritual harms caused by residential schools, and to ensure that the funding of healing centres in Nunavut and the Northwest Territories is a priority.

22. We call upon those who can effect change within the Canadian health-care system to recognize the value of Aboriginal healing practices and use them in the treatment of Aboriginal patients in collaboration with Aboriginal healers and Elders where requested by Aboriginal patients.

23. We call upon all levels of government to:

- i. Increase the number of Aboriginal professionals working in the health-care field.
- ii. Ensure the retention of Aboriginal health-care providers in Aboriginal communities.
- iii. Provide cultural competency training for all healthcare professionals.

24. We call upon medical and nursing schools in Canada to require all students to take a course dealing with Aboriginal health issues, including the history and legacy of residential schools, the United Nations Declaration on the Rights of Indigenous Peoples, Treaties and Aboriginal rights, and Indigenous teachings and practices. This will require skills-based training in intercultural competency, conflict resolution, human rights, and anti-racism.

"The best strategy is going to involve indigenous and non-indigenous people working together."

Hon. Justice Murray Sinclair
—The One Who Speaks of Pictures in the Sky



‘Tis the Season to be Sober

Living The Good Life is a philosophy. Living The Good Life is all about positive, healthy activities, which include sobriety, physical activity and volunteerism. Living The Good Life is also about focusing on the positives and building on our strengths.

by Lisa Workman

Why stay sober? If you are currently pregnant, you will want to stay sober for your baby. If you are in recovery, it can be the most challenging time to stay sober. If you can stay clean and sober over the holidays, then you can handle it any time! If you don't have any issues with addiction, you may want to be a healthy support for a loved one. Or you may just want to enjoy all the season has to offer with a clear head.

Over the holidays, avoid “using” people and old routines. If possible, talk to your family about your decision to stay sober and make a plan. Rediscover the holidays by appreciating good food, music, arts and crafts, decorating, holiday movies,

dressing up, giving and receiving, entertaining children, and baking. Practice being thankful and joyful for the season.

Take part in community events – gatherings, dinners, round dances, etc. Volunteer to help put together hampers, serve at free holiday meals, wrap presents for children or lend a hand with a holiday event. Get active and get outside! Adapt to the weather by covering your head, hands and feet. Go for a walk, shovel the walk, try out a winter sport or play with the kids in the snow.

At gatherings, always have a non-alcoholic drink in your hand and never leave it unattended. Use a broken record “No thanks, no thanks, no thanks.....”

when offered alcohol or other substances. Throw your own no alcohol party.

You don't have to do it alone. Check out recovery groups, AA meetings and recovery reading material. Be patient with yourself. If you slip, get back on track right away.

This program takes place at Four Directions Community Health Centre 3510 5th Ave. every Friday from 1:00 pm to 3:00 pm.



Good Life Community Network invites you to participate in a gathering to discuss actions like advocating for more and better mental health and addictions supports, finding ways to increase physical activity and promoting volunteerism in the community. Let's work together to build a Good Life for all!

The Network meeting will be 10:00 a.m. to 11:30 a.m. on **Thursday, January 19, 2017** at Four Directions Community Health Centre.

If you have any questions, please email lisa.workman@rqhealth.ca or call 306-766-7549.

“My heart is with this community”

by Kevin Agyeman

photo by Kelly Husack

Before my arrival to Canada in 2015, I had high expectations. I had planned that, once here, I would make as many friends as possible! I am a social person and had left many friends back home in Ghana, West Africa. I relished the opportunity of starting a new life among hospitable people. However, I came to understand that in Canada, things weren't as simple as I had anticipated.

I had the same expectations any new arrival would have—the dream of enjoying a better life. I have more opportunities, compared to back home, but I now see that people weren't as open and warm as I had envisioned.

After my first few days in Canada, I was told to avoid certain areas in Regina, especially at night. The emphasis was—avoid North Central! My cousin (with whom I was living at the time) voiced the need to fear North Central due to the high crime rate in the area. His words never left my mind and, as a result, for a whole year I avoided the neighbourhood altogether.

Fast forward to present day. I am now at the University of Regina in Justice Studies. My major requires that I do a practicum with any organization in Regina. Unbeknownst to me I was placed at the North Central Community Association (NCCA), an organization based in the heart of Regina. My cousin told me it was in the area he had warned me about. He asked me to see whether I could get it changed because he was scared I could get hurt or be involved with unsavory people.

I decided against asking for a change in my placement. I have run away from challenges my entire life and this time I was not going to resort to that. This time I was going to take this opportunity and learn from it.

I am now four months into my practicum at NCCA and I have loved every moment of it. My perception about the area has changed immensely. I come to work each day without a fear in the world. Needless to say North Central is not without challenges. But as in any area within the city, crime will occur.

I recently represented the NCCA at a volunteer fair held at the U of R. Here I encountered a potential volunteer who felt the need to mention the negative perception of North Central with many people in Regina. Knowing where my practicum was, many of my peers came to me with questions such as: “What was the community really like? Did I feel safe working there?”

The line of questioning made me realize how my cousin was not the only person with the negative perception of North Central. The overall belief that only negative incidents occur is perpetuated by our local media.

I was lead to believe what I heard—that North Central was the most dangerous area in Regina. However, after working hand in hand within this community, my belief has changed.

My heart is with this community. I have had the opportunity to work with some amazing individuals who welcomed me wholeheartedly. I have made more friends working here in the

Reconciliation and the Media

continued from page 3

talk to somebody. . . go to the reserves. . . there are so many ways to educate.”

One media owner pledged that by the time the conference met next year, his staff would have the knowledge to cover Indigenous issues with accuracy and respect.

Other issues discussed included, recruitment of Indigenous reporters, financial importance of investing in Indigenous publishing ventures, and how to tell Indigenous stories in a way it reflects as Canadian issues and not just Indigenous issues.



TRC CALL-TO-ACTION Specific to Media and Journalism

86. We call upon Canadian journalism programs and media schools to require education for all students on the history of Aboriginal peoples, including the history and legacy of residential schools, the United Nations Declaration on the The Rights of Indigenous Peoples, Treaties and Aboriginal rights, Indigenous law, and Aboriginal–Crown relations.



past three months, than I have my entire time here in Canada! The people here are warm and hospitable. They make everyone, including me, feel accepted and appreciated.

North Central is depicted as a bad neighbourhood. This could not be further from the truth! I have enjoyed some very good times here with some really lovely people. Therefore, I dispel the notion of North Central being a violent and unlivable place. I replace it with the knowledge that this is an area working very hard with one another to ensure the success of all of their community members.

2017

Public Meeting

January 10, 7:00 pm
Multi-Purpose Room
Albert Scott Community Centre

Regarding the proposed
**Transportation and
Parking Plan**
for the new Mosaic Stadium



Mâdawêyatitân Centre

Invites all community members
Community Open House
Tuesday, January 16, 2017
6:30 pm – 8:00 pm
Multi-Purpose Room,
Albert Scott Community Centre

Bring your ideas regarding:
Day, After School & Evening
Programs & Services

Come Meet the Mâdawêyatitân
Centre's Community Advisory
Committee Members

**Community Member
Awarded Certificate of
Commendation**



the Honourable Vaughn Solomon Schofield, Lieutenant Governor of Saskatchewan presents award to North Central resident Rhonda Young-Pilon

The Chairman and the Officers of the St. John Council for Saskatchewan hereby award this Certificate of Commendation to Rhonda Young-Pilon.

On the evening of June 14, 2016 an ice cream vendor was robbed and assaulted in Regina. One neighbour brought a towel out to the vendor for an injury on his arm. Rhonda ran out of her home, called 911 for the man and calmed him down as he was visibly upset, pacing around and losing more blood from his injuries. She sat with him until EMS arrived. Rhonda is commended for her quick thinking and calm demeanour in this situation.

**North Central Community Association
Launches a New Program**

interview & photo by J. Morier

Good Neighbour Services is a social enterprise of the North Central Community Association providing employment opportunities for the youth of our community. The program provides products and services within the City of Regina while providing their workers with valuable job skills and work experience.

Good Neighbour Services (GNS) Project Manager **Marty Rothermel** has spent over 25 years in the construction industry as a carpenter, landscape maintenance, and in construction. He's enjoyed creative work as a scenic carpenter in film and television. For the last 12 years Marty has run his own renovation and insurance business. He has overseen crews as a lead hand, and is directly responsible for teams and projects. He has managed the sub-trades, worked alongside customers, and negotiated with insurance adjusters.

While leading and coaching youth over the decade with Ehrlo Community Services Outdoor Hockey League, Marty has gotten to know families in North Central. He has established a good rapport which will serve him well should he find himself hiring these young adults for local projects.

Good Neighbour Services is retaining 1650 Angus Street as its home base. NCCA's previous programs (Meewasassin and Good Neighbour Fencing) had their class and workshop space there.

Marty sees an opportunity to build components in-house during the cold winter months, when they're not shovelling snow. "We'd like to build planters, raised garden beds, or window boxes. We hope to partner with contractors to provide custom-built articles. We could assemble kits for folks to build and decorate themselves. We'll also provide our workers with a safe, controlled environment for people to learn and feel comfortable with tools while developing their skills."

The GNS crew will be a core of regular employees, and a roster of contract employees who, for whatever reason, can't commit to a 40-hour work week. Marty explains, "We can fill in the gaps with paid employment. If any of those hires decide GNS is a place they want to be, if they're a fit for us, then we'll hustle for more contracts. If they'd rather look elsewhere while they fulfil casual placements for us, that's good

too. We want to build a skills bank to get neighbourhood individuals employed."

**Good Neighbour Services
has a responsibility
to the people in the
community as employers
and service providers**



"For casual yard maintenance or as part of a shovelling crew using GNS's tools, this program is meant to help people gain what they need to have as an employee—whether it's with us or with someone else. If it's a matter of getting them set up with a social insurance number or a bank account, we'll help them with that. Ultimately they are people who will be on a payroll. We are all about getting people engaged or re-engaged and productive."

GNS may cultivate a life skills component in the future, presently it's not providing those classes. "We're expecting people to come to us with that foundation and knowledge. They have to hit the ground running. We're going to be in the field to carry out the work."

GNS has done flyer drops and an email campaign to advertise their services. The hires will do the work as teams. Building relationships will happen as a result and those attitudes transfer, no matter where they're going. There will be training on the tools needed and some safety training through SIIT

to everyone who enrolls in GNS. All in the North Central neighbourhood are welcome to participate.

"We have 2 single-stage snowthrowers for this season. We'll bring out the leaf blowers, brooms, and shovels. We'll swarm the job site and move on!" Marty laughs.

Lou Genaille is the Site Supervisor for GNS. He switched into the field of residential carpentry. In previous placements Lou has worked as supervisor to youth (18-24) on job sites.

With GNS he will be neighbour-building and will enjoy giving experience to community members, trusting workers with responsibilities, making sure everyone is safe and that the job is completed to the clients' satisfaction.

Lou was raised in NC & North Regina. He is eager to move back here, as most of family lives in NC!

Lou is grateful to his job coach at SIIT and Construction Careers Regina for their support and recommendation and he looks forward to serving the neighbourhood.



Centre/School — will it work?

In the design of a concept plan for the Albert Scott Community Centre, architect consultant Barry MacLennan worked with a large group of people supplied by members of the community and staff at Scott Collegiate.

Although the drawings in his report reproduced here are only a concept plan and not the final design, MacLennan attempted to show how joining the two facilities could benefit both the school and the community centre.

The school already has facilities that are on the community centre building site, while the community centre could provide things that would benefit the school's program.

In MacLennan's report, one page sets out an "analysis of needs" for both the school and the community.

Community needs included:

A multi-purpose room for passive recreation, dancing, aerobics, etc.; offices; a lounge; arts and crafts room; classroom; and a meeting room.

Facilities in the school included:

A full-sized gym with spectator seating; storage; cafeteria; and kitchen.

Beneficial facilities in Scott for the community included:

Office space; classroom; gym and multi-purpose room; and arts and crafts.

Beneficial facilities in the community centre for Scott included:

Multi-purpose room; kitchen; gymnasium; and bleachers.

On the basement level the gym expansion would be used for an automotive workshop and a community craft area.

A community centre section would be on the east end as well. There could be a multi-purpose room, a lounge and a commercial kitchen which the school could also use as an area for teaching commercial food services.

Steps or an elevator would be installed to provide access to both floors of the school, as well as to a greenhouse sketched in for the roof of the community centre section.

Additional storage and office space could be built into both the school and

community centre sections of the expansion. The location at the east end logically allows for separation from the rest of the school after-hours.

DESIGN TWO: SEPARATE CENTRE

Sketches of the alternative possibility, a separate centre, are not published in this issue, but will be on display at the North Central building on October 24.

In his report, MacLennan said that a separate centre could be built on one level to avoid the expense of ramps or elevators. It would include a

lounge, a multi-purpose room, classrooms and offices, with the possibility of greenhouse facilities.

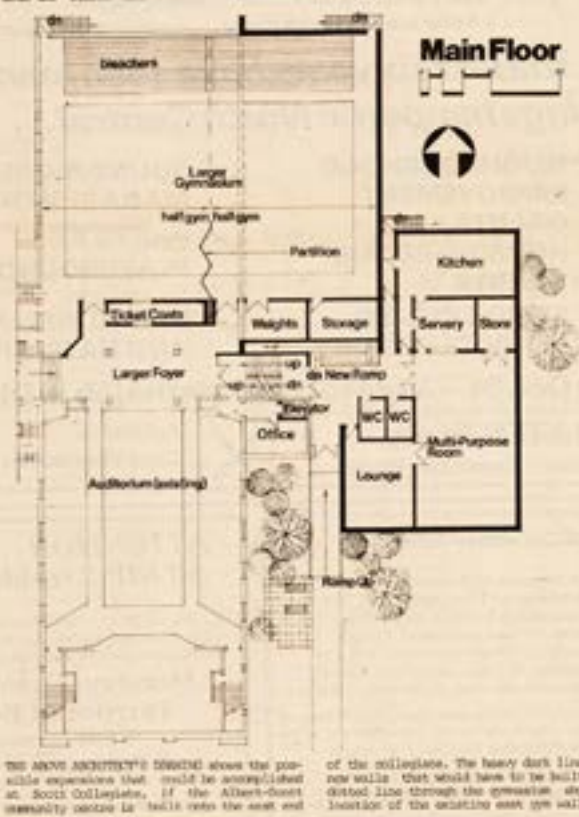
The building itself would probably take at least four city lots, with even more space required for a parking area and any landscaping.

While a joint centre would seem to be done in a brick fashion to match the exterior of the present high school building, the outside appearance of a separate building could be in any style felt to be compatible with the surrounding neighbourhood.

Cost "GUESSES" MacLennan cautions in his report that cost estimates cannot be accurate until the final design has been completed.

He did say, however, that a "budget price" for the joint school-community centre would be "in the neighbourhood of \$1 million to \$1.25 million dollars."

For a separate building, "assuming a level purchase price of approximately \$150 thousand, a budget price for building and parking facilities would be in the neighbourhood of \$750 thousand."



THE ABOVE ARCHITECTURE DRAWING shows the possible expansion that could be accomplished at Scott Collegiate, if the Albert Scott Community Centre is built into the east end of the building. The heavy dark lines show new walls that would have to be built. The dotted line through the gymnasium shows the location of the existing east gym wall.

They were planning an addition to Scott Collegiate. It's now known as the Albert Scott Community Centre where NCCA lives.

There have been previous discussions about neighbourhood plans over the decades. NCCA is working on one now with more community consultation in the works.

Page 2

Taylor Field parking solved...sort of

A brief restricting parking around Taylor Field during football games has finally been passed, but not before the paper it is written on.

Next year, during all major home games, parking in the area between Taylor and the stadium will be restricted to vehicles registered to addresses within the restricted area.

But although it was recommended by a subcommittee of Council in early summer, the by-

law was delayed in the City Solicitor's department until the football season was well over for 1979.

The delay means the by-law cannot be tested in court until after the first game of 1979.

A challenge to first limited during the first game next year could prevent further parking until the issue is settled, and that could leave the residents in the Taylor Field area stuck with the parking mess for the next year.



RESTRICTED parking changes

City Council may be changing its mind about parking near Taylor Field during football games next season.

At the Works Committee meeting of Jan. 13, a report recommending no change in parking policy for 1981 was partly turned down.

While the City will not start a paid off-street parking program, the Committee did recommend that the "resident-only" parking be expanded north from Dewdney Ave. to 7th Ave. between Albert and Elphinstone Streets.

The decision does not become final until approved by the whole Council at its meeting on Mon., Jan. 19.

The Committee acted on a motion by Ald. J. McKinnon, after hearing from N.C.C.S. executive secretary Ron Thompson.

December/January, 1980/81

Vol. 4 No. 2 - December, 1979

Neighbourhood Plan drafted

More than a year in the making, a neighbourhood plan for the North Central district is finally ready for public discussion in the neighbourhood.

The Plan, drawn up by members of the executive and committee chairpersons of the North Central Community Society (NCCS) is scheduled to be presented to City Council early in 1980.

If accepted by the city, the Plan will become part of Regina's Municipal Development Plan (MDP) and will have the effect of law in determining future development in North Central.

A draft version of the Plan has now been written, and will be distributed to each NCCS committee for

study and recommendations before the final version is drawn up for presentation to the City.

Residents of the neighbourhood may also look at the Plan in its draft form as well. Copies may be picked up from the NCCS office after December 10th.

Before the final version is submitted, it is planned that a public meeting will be called to ratify the Plan.

MANY ARE COVERED The Plan, even in its draft form covers a wide range of community life.

Subject headings include: Housing, Education, Racism, Transportation, Recreation Facilities, Social Programs, Local Improvements, Zoning, Health and Parks.

They were talking about parking issues for the stadium back in 1979, 1980 and 1981!



Public workshops will teach home fire safety

"Fire safety and drills in the home" will be the topics of workshops at a public meeting. The meeting will be held on Jan. 19 and 18 at the NCCS office. The workshops will be held in the evening and will be free of charge. The workshops will be held in the evening and will be free of charge. The workshops will be held in the evening and will be free of charge.

All the best from your city councillor.

From my family to yours this holiday season.

Joel Murray
Ward 6



The Mosaic Company and Saskatchewan Roughriders have teamed up to support the new Mâdawêyatîtan Centre in our community. The Heart of the Site will provide a natural learning environment for cultural teachings and storytelling.

Elder Betty McKenna spoke at the October 28 announcement on The Heart of the Site.

"Mother Earth is our greatest healer, this site that we designed

was for our students now and for years to come, to go and sit and be nourished from the earth with her sacred plants for their mental, their physical, their spiritual and their emotional well-being. This place is for children and community members to gather together. Those plants and those Grandfather Stones that will be sitting there are our family members. They came before us. Those plants are our older Brothers and Sisters. We honour them, we pick them, we take them

into our lives to guide us, we benefit, as do our families and we are able to lead good lives.

We need the lifeblood of Mother Earth for us to be born. We're all born in water, it's life itself. It unites all of us. It's a great river that runs between every human being including the earth."



Giving Hope Today

THE SALVATION ARMY HAVEN OF HOPE MINISTRIES

2240 13th Ave.

306-757-4600

www.havenofhope.ca

Helping to make a difference in someone's life

We wish everyone a

Merry
Christmas

and a

Happy New Year

We are closed from December 23/16
to January 2/17
Reopening January 3, 2017

For information about services, volunteering or donating visit our web site.

Scott Collegiate

Inspired Learning!



Graduation Requirements for High School

Did you know that in order to graduate high school you need 24 credits? At this level there are three categories in which students must obtain credits:

- Required courses of study which are compulsory courses
- Specified areas which are intended to allow students to continue to take courses of a general nature or to specialize
- Electives which allow for further choice and specialization

Modified Courses (11, 21, and 31) can be used to fulfill requirements in the required courses of study, specified areas of study, and electives.

Follow us on Twitter
@scottcollegiate

2016-2017 QUARTER DATES

| | |
|---------------|---------------------------|
| Quarter One | September 1 to November 2 |
| Quarter Two | November 4 to January 24 |
| Quarter Three | January 27 to April 5 |
| Quarter Four | April 7 to June 22 |

CLASS TIMES


Morning: 8:30 a.m. to 12:00 p.m.
Lunch: 12:00 p.m. to 1:00 p.m.
Afternoon: 1:00 p.m. to 3:10 p.m.

Required Courses of Study for Graduation

| GRADE 10 | GRADE 11 (20 level) | GRADE 12 (30 level) |
|--|---|---|
| English Language Arts A10 English Language Arts B10 | English Language Arts 20 | English Language Arts 30A English Language Arts 30B |
| Science 10 | Science 20 (Environmental/Physical/ Health or Computer) | One of: Social Studies 30/Native Studies 30 or History 30 |
| Mathematics 10 (Workplace or Foundations) | Mathematics (Workplace/Foundations or Pre-Calculus) | |
| Social Studies /Native Studies or History 10 | Social Science at the 20 or 30 level | |
| Health/Physical Education: One credit required at the grade 10, 11 or 12 level | | |
| 2 electives must be in the Practical and Applied Arts and/or Fine Arts | | |



| | | | |
|---|---|---|---|
| For more information please contact the following teachers in Student Support Services: | Ceane Dusyk Aboriginal Advocate ceane.dusyk@rbe.sk.ca 306-570-8053 (c) 306-523-3561 | Delaine Anderson Guidance Counsellor delaine.anderson@rbe.sk.ca 306-523-3506 | Nancy King Learning Resource Teacher nancy.king@rbe.sk.ca 306-523-3508 |
|---|---|---|---|



"Then the Grinch thought of something he hadn't before! What if Christmas, he thought, doesn't come from a store. What if Christmas...perhaps... means a little bit more!"
— Dr. Seuss,
How the Grinch Stole Christmas!

Warren

Warren McCall, MLA - Regina Elphinstone-Centre
2900 5th Ave • 306-352-2002 • warren.mccall@sasktel.net

A National Union
Supporting Your
Community


1400 your VOICE at work CANADA

Representing over 6,000 retail and service workers in SK, many within the North Central Regina neighbourhood.

 UFCW Canada Local 1400  UFCWCanada1400


ufcw@ufcw1400.ca www.ufcw1400.ca
1-800-274-4036



The Log House
THRIFT STORE

Supporting Community, National and Global Projects


2741 Dewdney Ave Regina, Sk. S4T 0X6
306-791-0255 loghousethriftstore@gmail.com




SMITHS' INSURANCE

Your local insurance experts
Albert St & 7th Ave

Come see the difference
a broker can make
Mon-Fri 8-8 Sat 9-5 Sun 12-4



306-359-3331
www.smithsinsurance.ca


Saskatchewan Motor Licence
ISSUER
Land of Living Skins SGI



In high school, Nephi McPherson was known as ‘the guy who draws’.

“Drawing has been my hobby and my life.” Nephi admits. “It’s a compulsion. I feel a withdrawal if I can’t draw.” he laughs.

He gets lost in the creation. “As a loner, and if you’re as deep into it as I am, art gives you the ability to phase out everything around you. It’s an escape to work through a problem you may be facing. Other times you just focus on the drawing and free your brain to work on problem-solving after the art session.” Nephi finds creating art as joyful as lifting a burden. “If I didn’t have drawing in my life, I would feel so much emptiness.”

Nephi has lived in North Central since 2003. He works out of a studio on Broad Street where he is creating his own book and taking on projects for select clients. Nephi enjoys writing and storytelling but admits he is better at illustrating. All his works are hand drawn, mostly pen and ink, some colour work. He integrates software, (Photoshop), for cartoon strip templates and to clean up illustrations, but mostly he draws, old-school, on paper.



interview by J. Morier

Original self-portrait and cartoon strip by Nephi MacPherson

He is self-taught with no formal training. “Since I can remember I desired very strongly to draw comics, it’s my favourite thing to do” Nephi claims. He has dabbled in portraiture but prefers working on pen and ink characters.

Nephi lived and went to school near the village of Climax, in southwestern Saskatchewan. His teachers recognized his talent and called on him to produce art for school plays and events. His doodles weren’t always appreciated though. In grade 10, he handed in an assignment filled with marginal art which prompted the teacher to announce to all students that they were not to doodle in their workbooks. Nephi continued to ‘draw’

attention to himself. On the school bus he repeatedly got requests from younger children to do cartoons for them, in fact, he still gets asked by students in his Sunday school class!

NCCA hired Nephi to cartoon superheroes for kids for the 40th Anniversary celebration earlier this year. Spiderman was the biggest request but his own childhood inspiration was Teenage Mutant Ninja Turtles. He trained by writing new TMNT adventures into his own 64-page comic books—7 or 8 of them!

Between 2004-06, after taking a workshop at a RPL branch, Nephi found the courage to create and publish his first comic book—32 photocopied

pages, called “Shadow Zone”. He’s since published a series of 6 comics. “I’m working towards a reboot—if I had a dream it would be to produce and publish my own comic book, and not on photocopy paper!” he laughs.

Since 2006, Nephi has collaborated with other artists, including North Central’s Jonah McFadzean, to produce 20 issues of “Valuable Comics”. Issues are still available at Regina’s Comic Readers & Tramps.

“I get excited just to think about working on an independent comic book!”

Nephi has been contributing a regular strip to *NC Community Connection* since June. We are proud to showcase his talent.

North Central’s Jeremy Pilon Showcases Global Rock on The Cockpit

interview by J. Morier

Jeremy Pilon is The Pilot. His brother Andrew is The Navigator.

Their flights take off from Community Radio Station 91.3 CJTR’s music show The Cockpit every Thursday evening from 10:00 to 12 midnight.

The hosts fly an imaginary aircraft around the world showcasing contemporary music. Flights of fancy transport the listener through worm holes to other locales around the world. The focus is on rock more so than world music.

Listeners can always appreciate an exotic beat but Jeremy takes it further. He uses translation apps to tell the stories contained in the lyrics.

The music is selected and researched by Jeremy and Andrew.



The worldviews reach out to those who don’t understand or accept Regina’s multicultural community. The stories behind the music tell of contemporary struggles in homelands where artists are still persecuted by dictatorship governments and expression can endanger artists’ lives. Jeremy some-times wonders about the members of the bands he features. Did they make it through the wars?

The Pilot is always searching for rock-flavoured, punk and heavy metal music for the Cockpit. He finds much contemporary expression is in the form of hip-hop. The music is usually

underground but can be found in North Korea, Việt Nam as well as Middle East countries. Still, if the young and rebellious artists were discovered, heads would literally roll.

CJTR invites and encourages program ideas, and was happy to welcome The Pilon Brothers’ alternative show. Besides playing recorded music, The Brothers host musical guests twice a month, usually local bands giving acoustic performances. They also pre-record phone interviews with Canadian bands to air on The Cockpit.

CJTR Community Radio is celebrating its 15th year. The dream of a university campus station 25 years ago evolved into a community radio in 2001. Offices and studios are located in the old GM building on 8th Avenue and Winnipeg Street. Today the station maintains 24-hour programming, some of it is ‘fill’ or looped music. But there are several long-running programs designed and hosted by Regina

volunteers on diverse topics. Two hundred volunteers are involved in programming, fundraising, event planning, sitting on the board of directors and on committees.

Jeremy sits on the vibrant Board of Directors and on the Promotions & Fundraising Committee. He finds there is no average age - the volunteers come from all levels of experience and expertise.

CJTR is always looking for diverse programming and would welcome contributions from the North Central community. Rock & roll bands, punk, rock, metal, progressive music, cultural contemporary music have a standing invitation to approach the station and may find a fit into existing programming. Get in touch contact@thecockpit.ca to recommend yourself or others

Jeremy has called North Central home for the past 9 years. Jeremy loves the connected feeling of the neighbourhood. He has some fears, as we all do, about the health and safety of our citizens, but he will be staying.

Mental Health Awareness

Mental health awareness is vitally important, as up to 20% of Canadians will experience mental illness in their lifetime. Also, many more suffer the effects of mental illness indirectly, such as the family and friends of those dealing with a mental health issue. Since mental illness will affect so many people, both directly and indirectly, everyone should be aware of the programs and resources available for mental health support. Mental illness can affect people of all ages, education levels, cultures, and income levels.

Mental illness is characterized by alterations in thinking, mood, or behaviour associated with significant distress and impaired physical and cognitive functions. There are many types of mental health disorders that can strike any age groups throughout their lifetime. Some of the more common risk factors associated with mental illness include: family history of mental illness, age, gender, substance abuse history, chronic disease, homelessness, family/workplace/life event stressors.

A history of addiction and substance abuse is one of the major risk factors for mental

illness. People with a substance abuse issue are 3 times more likely to have a mental illness, while similarly people with a mental illness are 2 times as likely to have a substance abuse issue. Unfortunately this relationship between mental health issues and substance abuse/addictions has been a common occurrence within our society for a long time. The most effective way to address concurrent mental illness and substance abuse is prevention in the form of early detection for mental illnesses and substance abuse problems.

The most common mental illnesses are anxiety and depressive disorders. Both of these illnesses have differing symptoms. Depressive disorder usually presents with physical fatigue and general feelings of “sadness”, while anxiety disorders may present as obsessive rituals/routines, or severe anxiety when leaving the house. Another less common mental illness is Schizophrenia, which only affects 1% of the Canadian population. Unfortunately many of these mental illnesses can have long

MENTAL ILLNESS can affect people of all ages, education levels, cultures, and income levels.

lasting and sometimes deadly effects if not identified and quickly and effectively treated.

Roughly 24% of all deaths among 15-24 years olds and 16% of deaths among 25-44 year olds are due to suicide; suicide is a leading cause of death in both men and women, yet the mortality rate is four times higher among men than women as men tend to use more fatal means. Some other common mental health illness including eating disorders, severe stress or adjustment difficulties.

There is still a stigma associated with mental health illness. A stigma can be defined as a perceived mark of disgrace that a person feels due to being labelled by their illness into a stereotyped group. An example of this is comes from a 2008 survey stating that only 55% would be unlikely to enter a relationship with a person who has been diagnosed with a mental illness. This shows how many Canadians are affected by the negative stereotypes and stigma surrounding mental illness. Yet many services, education, and assistance services are available to help reduce the stigma around mental illness. In a later 2015 survey 57% of participants believed that the stigma around mental illness has been reduced in the last 5 years. This shows how increasing awareness can help remove stigma and negative stereotypes regarding mental illness, thus making it easier for sufferers of mental illness to seek the help and treatment they need to get well.

In Regina there are many different resources available for mental health wellness:

- **Intake Program** – provides entry to all programs and services at the Mental Health Clinic in Regina, assistance in determining which program is the best fit based on the needs of the individual. They also provide crisis intervention and individual counselling
- **Adult Community Program** – provides support for those with mental illness, severe stress, as well as problems related to using abuse or violence in their intimate relationships.
- **Individual Counselling**
- **Wellness and Support Programs** – focuses on relapse prevention and maintaining health and wellbeing
- **Alternatives to Violence**
- **Dialectical Behavioral Therapy** – provides skill development for emotional balance, building healthy relationships and coping with stress
- **Wellbeing Program** – an online therapy course for managing symptoms of depression and anxiety: www.onlinetherapyuser.ca

Visit Regina Qu’Appelle Health Region website for a complete list of programs and descriptions at www.rqhealth.ca/mental-health-and-addictions/adult-mental-health-clinics

SEARCH holds clinics on Saturdays at Four Directions:

Women’s Group – runs once a month for an hour. Facilitated by a social work mentor and a student volunteer. The goal of this group is for women in the community to feel support by their peers, as well as have access to expert guidance from a trained professional.

Adult Counselling – to target the needs of the community within the neighbourhood. Offered free of charge.

NCCA thanks the 4th year students with The Saskatchewan Collaborative Bachelor of Science in Nursing program for their work in the community over their 4-month placement.

Happy Holidays from SEARCH!

Our student and mentors would like to wish all of our clients a happy and safe holiday season!

Last shift for the season December 17

The **SEARCH** clinic re-opens
Saturday, January 7, 2017
Hours: Saturdays 12:30 to 3:30 pm
(excluding long weekends)

REGINA
Children's Initiative
Strong Beginnings. Brighter Futures.

A free drop-in centre for children newborn to age 6 along with their caregiver.

The Early Years Family Centre

Wishes You a Happy Holiday Season!

Scott Collegiate 3350 7th Ave (306) 523-3512

Stapleford Pharmacy
4113 - 5th Avenue
Regina, SK Ph: 545-5900
MON - FRI: 9-6; SAT: 9-4
10% Seniors Discount
Free Prescription Delivery
MGR. MEGAN ZMETANA, BSP

Advice for Life

FOOT CARE 2016

- Free diabetes checks
- Free blood pressure monitoring
- Foot Care by a trained professional at a minimal cost

We are accepting new clients for office or home visits!

RATES for Foot Care:

| | |
|---|---------|
| In-office visit – North Central Resident | \$15.00 |
| Home visit – North Central Resident | \$20.00 |
| In-office visit – <i>Non</i> North Central Resident | \$30.00 |
| Home visit – <i>Non</i> North Central Resident | \$40.00 |

North Central Community Association
1264 Athol Street, 2nd floor (elevator)
Call 306-757-1046 to book an appointment or leave a message

Community Nurses: Jude McCann RN and Donna Adams RN



MayBell Developments Providing a Sense of Community and Stability

MayBell Developments

is a faith-based charity operated by the Aspinall husband and wife team in Pilot Butte. Its work will be based in North Central. Their goal is to remove people from the system and provide them with relationships, stability, and safety for years to come. It's unique in that The program offers educational and financial assistance to build up community members.

Its 'Encouragement Program' will begin in the fall of 2017. A 12-week facilitated courses will be offered.

"Poverty is a result of broken relationships that DO NOT WORK, are NOT JUST or HARMONIOUS. POVERTY IS THE ABSENCE OF PEACE IN ALL ITS MEANINGS."

The Encouragement Program is used to engage the municipal community with members of the poverty community. It is designed to allow a meaningful way for the municipal community to walk alongside those experiencing poverty and build

them up using the power of relationship. The intent is to provide meaningful, nurturing relationships to members of the poverty community who are committed to mending broken relationships that have caused the poverty in their lives. MayBell Developments believe that the centre of any long-term successful poverty alleviation effort is relationship.

www.maybellddevelopments.com

MayBell Developments is holding a Comedy & Dessert Fundraiser **Laugh & Love** • February 14th, 2017

Featuring Improv group "The Panic Squad" • Tickets \$40.

Community Calendar

FREE LISTING in the Community Calendar to promote your events happening in February & March, 2017. Deadline for February issue is JANUARY 16, 2017.

Seniors' Walking Club

Wednesday & Friday – 8:00 to 9:00 am at Albert Scott Community Centre. A club for all who are interested in improving their physical fitness. A safe place for adults to get together and exercise in a quiet, comfortable setting. In case any problems occur, there is a staff member on hand at all times.

Care & Share for Seniors Now offers Recreational Activities:

Tuesdays at 10:00 am

Stay for Lunch:

at 11:45 am

At Albert Scott Community Centre (1264 Athol St.)



Soup and Bannock Wednesdays at IMCF 3131 Dewdney Ave, All welcome, **\$2.00**

Elders' Lunch (hosted by Chili for Children)

Thursdays at Albert Scott Community Centre (1264 Athol St.) **\$6.00**

COMMUNITY MOBILE STORES!

EVERY MONDAY

11:00 am to 1:00 pm

North Central Community Association (1264 Athol St. in multi-purpose room)

EVERY THURSDAY

3:30 pm to 4:30 pm

Rainbow Youth Centre (977 McTavish St.)

Everyone welcome!

Cash only! Call 306-347-3224 for details



Content for
FEBRUARY 2017
issue - due
JANUARY 16
editor@nccaregina.ca



The Regina Food Bank is taking applications for the next **Nutritional Cooking Leadership Program**, which will start Tuesday January 17, and will run Tuesdays and Thursdays until February 28. The program is from 11:00-2:30 pm.

Learn about healthy food choices, develop skills to prepare food for yourself and your family. Learn budgeting skills when purchasing food. The Nutritional Cooking Leadership Program has 10 classes that include classroom learning activities, a grocery store tour, preparing meals together, preparing a large meal to feed the community, and your level 1 food safety course.

There is no cost to attend these programs and most of the materials and items needed for a program are provided.

Space is limited, register before January 3, 2017. To register contact Regina Food Bank. Hayley: (306) 559-1501 hayleyf@reginafoodbank.ca

Real Food Challenge Win \$250-500 for you community organization! Host or initiate a minimum of 2 Real Food projects or events between October 1, 2016 and May 1, 2017. A Real Food Project could include offering water at your programs rather than sweetened drinks, taking down unhealthy food advertisements or becoming a Baby Friendly Space (see www.rqhealth.ca/primary-health-care/real-food-challenge for more ideas). Every organization that registers has the chance to win \$500. Make healthy food choice the easy choice.

To register or for more information: www.rqhealth.ca/primary-health-care/real-food-challenge or call: 306-766-7283 Regina Qu'Appelle Health Region



Neighbours! Consider donating your used plastic grocery bags to North Central's **AIDS Programs South Saskatchewan** (APSS) 2911 5th Ave. They're always in need!



North Central Community Association regrets the loss of our innovative life skills and employment program Mewassasin.

Provincial Ministry of Economy did not renew funding and we subsequently closed the program services. We thank **Kari Herbert, Jessica MacFarlane and Tim Blacket** for their dedication to this unique program and wish them and their graduates every success in their future.

The future of Go Green's relationship with Mosaic Stadium is uncertain at time of press. We remain hopeful that the program can continue in the new stadium.

NCCA thanks **Kelsee Delorme** for her dedication to the office team. We congratulate her and wish her the best in her new endeavours.

We welcome **Jan Morier** as Office/ Communications Coordinator in the desk at NCCA.

Farewell Justice Studies student at the University of Regina **Kevin Agyeman** for his great help during his placement. Read Kevin's impressions of working in North Central on page 4.

Congratulations to **Michael and Steffi Parker** on the addition to your family. Rhyse Nova was born on October 14. She's a beauty and growing fast.

The Summary Notes from the **NCCA Community Engagement** held on October 12 are now available online at: www.nccaregina.ca/community-planning-session

We want to hear from you! You can still take the survey at: www.surveymonkey.com/r/NCCACommunityPlan2016

Good Wishes for Good Health



Thank you for your support

Care & Share for Seniors

Merry Christmas

GO GREEN

VOLUNTEERS!

Thank you for 10 years of dedication to the Go Green program!



North Central Community Connection is a bi-monthly newspaper published by the North Central Community Association (NCCA). The newspaper strives to be fair and balanced in its coverage of news, current events and community issues. The *Community Connection* is written for the people of North Central Regina in hopes of building community and providing valuable information.

Editor: Jan Morier

Thanks to contributors to this issue:

Kevin Agyeman

Tori Aspinall

Annie Charles

Pauline Gabriel

Miranda Hanus

Kelly Husack

Nephi MacPherson

Mâdawêyatitân Centre

Michael Parker

Scott Collegiate

Lisa Workman

4th year Nursing Students

North Central Community Connection is distributed to over 4,000 households in the North Central area. Copies are also available at the Albert Scott Community Centre and various North Central businesses.

Opinions expressed in the *North Central Community Connection* do not represent the NCCA.

We welcome all letters and submissions. The editor reserves the right to accept or reject and edit all submissions.

DEADLINE for
FEBRUARY/17 ISSUE
JANUARY 16, 2017
editor@nccaregina.ca

North Central Community Connection

1264 Athol Street

Regina SK S4T 7V3

Phone: 306-791-9888

Fax: 306-757-1052

e-mail: editor@nccaregina.ca

NORTH Central

www.nccaregina.ca



Get Social!



Mission Statement of
North Central
Community Association

To enhance, engage and represent our diverse neighbourhood, where we live, work and play, by facilitating partnerships, programs and services.

NCCA Board of Directors

President.....Jessica Hanna

Vice President.....Morris Eagles

Secretary.....Chantelle Yurechuk

Treasurer.....Tom Wright

MEMBERS-AT-LARGE

Heather Cote-Soop

Cassie Fisher

Betty Krohn

Fergus Littlechief

Shawna Oochoo

Brandi Reles

Denita Stonechild


Stephen Thomson

City of Regina



REGINA

Infinite Horizons



Dial 306 before calling!

NORTH CENTRAL PHONE LIST

Schools

Albert Community School..... 791-8539

Kitchener Community School..... 791-8516

Sacred Heart Community School..... 791-7290

Scott Collegiate..... 523-3500

Seven Stones Community School..... 523-3740

St. Luke..... 791-7248

Organizations & Agencies

Aboriginal Health Home Care766-6379

Aboriginal Family Service Centre 525-4161

Aboriginal Skilled Workers Association 565-0544

AIDS Program South Saskatchewan 924-8420

Albert Library 777-6076

Albert-Scott Community Centre 777-7033

All Nations Healin Thru Artz (ANHTA) 205-7333

All Nations Hope Network 924-8424

All RISE Project 352-RISE (7473)

Bylaw Enforcement.....777-7000

Child and Youth Services 766-6700

Chili for Children.....359-7919

CircleProject.....347-7515

CircleProjectChildrens'Centre569-3988

Circle Project Infant Centre 949-4911

Early Years Family Centre 523-3512

Ehrlo Sport Venture Library..... 751-2411

Ehrlo Housing 584-3313

First Nations Employment Centre.....924-1606

Four Directions Community Health 766-7540

GatheringPlace522-7494

George Gordon First Nation Urban Services.....949-4230

Greystone Bereavement Centre523-2780

Indian Métis Christian Fellowship (IMCF) 359-1096

Kids First Program766-6792

Kids Help Phone 1-800-668-6868

Log House Thrift Store791-0255

Meadow Primary Health Care Centre 766-6399

Mobile Crisis Services 757-0127

Morning Star Ministries757-8421

Newo Yotina Friendship Centre 525-5042

North Central Community Association (NCCA) 791-9888

North Central Community Health Office (Nurse) 757-1046

North Central Community Police Service 777-6450

North Central Family Centre 347-2552

North Central Kids Music Program 545-3737

Oxford House Society of Regina Inc. 570-5708

Pasqua Hospital 766-2222

Public Health Inspector.....766-7755

Rainbow Youth Centre.....757-9743

Randall Kinship Centre.....766-6780

Regina Alternative Measures Program (RAMP)..... 352-5424

Regina Education & Action on Child Hunger (REACH)... 347-3224

Regina City Police 777-6500

Regina Crime Stoppers 545-8477

Regina Fire & Protective Services..... 777-7830

Regina Food Bank..... 791-6533

Regina Police Substandard Housing Enforcement Team..777-6399

Regina Sexual Assault Line (24 hrs)..... 352-0434

Rentalsman 787-2699

R Healthy Food Store 347-3224

Safer Communities & Neighbourhoods (SCAN)..1-866-51-SAFER

SaskPower (inspections)..... 566-2500

Saskatchewan Rental Housing Supplement 787-4723

SEARCH570-6208

Sepak Takraw Saskatchewan (STAS) 584-8778

Souls Harbour Rescue Mission & Youth Centre 543-0011

Street Culture Kidz 565-6206

Street Project — Needle Pick up 766-7799

SWAP..... 525-1722

YMCA of Regina 757-9622

No time to shovel?



Residential Monthly Contracts

Seniors' Rates

Neighbour Group Pricing Discounts

Individual call outs, starting at \$20.

Call for a quote! 306-519-0730

gns@nccaregina.ca

Like *Good Neighbour Services* on Facebook



*The NCCA
board & staff
wish you a*

**M.E.R.R.Y
CHRISTMAS**

**NORTH
Central**
Community Association

Regina Police Service Beat Patrol



Inspector Trent Stevely, Central District, Regina Police Services spoke about the inaugural Police Patrol. About 15 members of RPS walked the beat one fine evening in October. Stevely said "I would like to continue, we expect a good response and will plan to do another."

The patrol was in response to concerns from community members and organization and association boards. These North Central representatives agreed that patrols are a great opportunity to connect with the neighbourhood.

Stevely added "It is no secret that there are challenges in North Central. At the same time, there are a lot of good people doing a lot of good things. We want to show we are supporting that and are a part of that. In our Community Perception Survey conducted every other year, the number one thing requested was visibility—having more cops on the street."

The Regina Police Services are planning more public events for the spring of 2017.

interview & photo: J. Morier

Helping Build Brighter Futures

Scaffolding Pre-Employment Program

Location: Regina, SK

Program Runs: February 27, 2017 - April 21, 2017

Seats available - apply today!

The Scaffolding Pre-Employment Program will prepare you to enter Saskatchewan's construction industry. This program is recognized for credit by the Saskatchewan Apprenticeship and Trade Certification Commission (SATCC).

This program will include the following:

- Practical and applied work with scaffolding systems
- Industry specific safety tickets and safety certification
- Employability and essential skills training

- Please submit a copy of transcripts with application
- There is no cost for this program!



DUMONT
TECHNICAL
INSTITUTE
INC

For more information, call Daniel Downs
at 1-877-488-6888

To apply please visit your local GDI Office at
1235-2nd Avenue North, Regina or apply online at www.gdins.org

follow us on Facebook - www.facebook.com/gabrieldumontinstitute